

VII BIEG - 5KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Event: VII BIEG "POGOŃ RAKA"
Organiser: Stowarzyszenie Walki z Rakiem Płuca Oddział Szczecin
Date: 2023-10-07
Place: SZCZECIN
Distance: 5 km



Classification: K-30

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
1	PROKOP Agata	209	RUNFOURFUN	K-30	1	00:22:46.55		4:33	13.2 (100%)
2	JETTKA-MATERKA Natalia	82		K-30	2	00:24:39.45	+00:01:52 (7.6%)	4:55	12.2 (92.4%)
3	TOMASZEWSKA Beata	260		K-30	3	00:25:19.35	+00:02:32 (10.1%)	5:03	11.8 (89.4%)
4	PIECYK Katarzyna	199	TRIGYM	K-30	4	00:27:03.90	+00:04:17 (15.8%)	5:24	11.1 (84.1%)
5	ŻÓŁTOWSKA Oliwia	304	SPSK1 PUM SZCZECIN	K-30	5	00:27:31.65	+00:04:45 (17.3%)	5:30	10.9 (82.6%)
6	MADEJ Anna	150	UKL ÓSEMKA POLICE	K-30	6	00:27:48.00	+00:05:01 (18.1%)	5:33	10.8 (81.8%)
7	WINCENCIAK Magdalena	277	#FIEGEBIEGA	K-30	7	00:30:27.80	+00:07:41 (25.2%)	6:05	9.9 (75.0%)
8	WARDĘGA Monika	269	#FIEGEBIEGA	K-30	8	00:30:43.40	+00:07:56 (25.9%)	6:08	9.8 (74.2%)
9	ŁUSZCZEWSKA Agnieszka	145		K-30	9	00:30:47.85	+00:08:01 (26.0%)	6:09	9.7 (73.5%)
10	MYTYCH Ilona	176	EXTREME WOLF	K-30	10	00:31:06.25	+00:08:19 (26.8%)	6:13	9.6 (72.7%)
11	CIEŚLA Agnieszka	38	HELL'S HEAVEN SZCZECIN	K-30	11	00:31:16.95	+00:08:30 (27.2%)	6:15	9.6 (72.7%)
12	KRAWCZYK Magdalena	109		K-30	12	00:31:42.25	+00:08:55 (28.2%)	6:20	9.5 (72.0%)
13	SĘCZKOWSKA Katarzyna	233		K-30	13	00:31:51.35	+00:09:04 (28.5%)	6:22	9.4 (71.2%)
14	BORKOWSKA-ZIELKE Magda	313		K-30	14	00:31:52.70	+00:09:06 (28.6%)	6:22	9.4 (71.2%)
15	RYBARCZYK Justyna	218		K-30	15	00:32:16.65	+00:09:30 (29.4%)	6:27	9.3 (70.5%)
16	KOTLARZ Olga	104		K-30	16	00:32:37.00	+00:09:50 (30.2%)	6:31	9.2 (69.7%)
17	MADEJ Anna	148		K-30	17	00:33:03.25	+00:10:16 (31.1%)	6:36	9.1 (68.9%)
18	NATALCZYK Ewelina	177		K-30	18	00:33:09.85	+00:10:23 (31.3%)	6:37	9 (68.2%)
19	BOŚKO Paulina	29		K-30	19	00:33:18.40	+00:10:31 (31.6%)	6:39	9 (68.2%)
20	TRYBUŁA Ewelina	266	SPSK 1 PUM	K-30	20	00:33:23.00	+00:10:36 (31.8%)	6:40	9 (68.2%)
21	LEWANDOWSKA Beata	133		K-30	21	00:34:01.10	+00:11:14 (33.0%)	6:48	8.8 (66.7%)
22	ŁUPKOWSKA-GRYGORCEWICZ Aleksandra	144		K-30	22	00:34:21.95	+00:11:35 (33.7%)	6:52	8.7 (65.9%)
23	DĄBSKA Karolina	43		K-30	23	00:35:31.20	+00:12:44 (35.9%)	7:06	8.4 (63.6%)
24	KRUPA Paulina	113		K-30	24	00:35:38.50	+00:12:51 (36.1%)	7:07	8.4 (63.6%)
25	WROŃSKA DRZEWIECKA Justyna	292		K-30	25	00:36:23.55	+00:13:37 (37.4%)	7:16	8.2 (62.1%)
26	PAŹDZIOR Paulina	194		K-30	26	00:36:55.30	+00:14:08 (38.3%)	7:23	8.1 (61.4%)

						Net time 5km		Pace min/km	Pace km/h
Place	Participant	Number	Club	Category	MCat		Gap		
27	SARZYŃSKA Kasia	224		K-30	27	00:37:33.80	+00:14:47 (39.4%)	7:30	8 (60.6%)
28	WASIELEWSKA Katarzyna	270		K-30	28	00:38:39.70	+00:15:53 (41.1%)	7:43	7.8 (59.1%)
29	SZYMCZAK Magdalena	254		K-30	29	00:40:37.80	+00:17:51 (43.9%)	8:07	7.4 (56.1%)
30	GOTKOWSKA Magdalena	62		K-30	30	00:41:41.95	+00:18:55 (45.4%)	8:20	7.2 (54.5%)
31	BUJNOWSKA Anita	31		K-30	31	00:43:41.30	+00:20:54 (47.9%)	8:44	6.9 (52.3%)
32	PIETRZAK Kasia	200		K-30	32	00:44:34.50	+00:21:47 (48.9%)	8:54	6.7 (50.8%)
33	CIACHLA Matylda	35		K-30	33	00:44:38.60	+00:21:52 (49.0%)	8:55	6.7 (50.8%)
34	SZMYTKE Ewelina	7	TANCIA TEAM	K-30	34	00:46:08.20	+00:23:21 (50.6%)	9:13	6.5 (49.2%)
35	ADAMKOWSKA Natalia	12		K-30	35	00:48:12.40	+00:25:25 (52.8%)	9:38	6.2 (47.0%)
36	ROSIŃSKA Karolina	214	SPSK 1	K-30	36	00:50:14.95	+00:27:28 (54.7%)	10:02	6 (45.5%)

Total 36 results.